



## **Perth Integrated Health News – Christmas Edition 2011**



### **Our Christmas Message**

Dear Friends and Patients of PIH and PIHCG

Christmas comes but once a year and while the whole world rushes by heading to that one special day in Advent, we stop for a moment to thank the Lord from the many blessings that we have in our daily lives.

From having a decent meal each night, for the clothes we wear, for the education we give our children, for our ability to enjoy holidays and meals with friends and family, for hugs and kisses we enjoy and partake around us, for even holding a job and earning a living - these are all many blessings which millions others around the world wish they have.

Therefore spare a thought for our fellow brothers and sisters around the world this Christmas, and let's not suffer the small and mundane as well as trivial pursuits we indulge in but instead focus on LOVE, FAITH, CHARITY and HOPE for mankind.

Have a God filled Christmas and Happy New Year

With Love

Ian, Lucy, Linda and the PIH and PIHCG Family.

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Balcatta (via Erindale Road)  
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## **Christmas and New Year Hours**

Unlike many companies and clinics that close up between Christmas and New Year, we at Perth Integrated Health have a very different philosophy when it comes to patient care and wellness.

We have driven the need for focus on your health and wellness during this festive season and to consolidate on our belief in your health, we will NOT be shut between Christmas and New Year.

Apart from the mandatory public holidays, patients at Perth Integrated Health will continue to enjoy the continuity in their care plans. Staff at Perth Integrated Health will also at the same time enjoy more quality time with their families and loved ones as we will operate during this time on half day basis and on a rotational basis between our Balcatta and Melville clinic.

For emergencies also, don't despair because you can call either 92405266 or 93648626 and be seen by one of our practitioners in your time of need. Please see the attached hours for both clinics which we have appended and this will also be displayed on our website: [www.pihc.com.au](http://www.pihc.com.au)

## **Clinical Director's Assistant**

With the ever increasing clinical, corporate and sports commitments that we have here at Perth Integrated Health, we have decided to provide further assistance to our Clinical Director Lucy Liongue with the appointment of Blair Wardman as her Occupational Therapy Assistant. Blair who is completing his Masters in Occupational Therapy is also holds a Bachelor's degree in Occupational Health and is the Occupational Health Consultant for Perth Integrated Health.

Just like the Assisting Practitioner status that Inez Ngiau has with our Managing Director, Ian Wee – Blair will be seen increasingly more over the next few weeks and months by the patients at both our Balcatta and Melville clinic.



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## **The Challenges of Christmas and Our Pathway to Nationhood.**

Let's face it, irrespective of whether you are a believer or not, which we all are at Perth Integrated Health, Christmas is about the birth of Christ, the renewal and salvation of the world and with it joy and happiness.

In 2011 years or so, how in the world did we humans manage to desecrate, alter, modify and amend this fundamental message and theme?

In the days leading up to Christmas, you and I will encounter people with increasing stress, often for reasons which are unfounded, to chores and tasks which they impose upon themselves, with datelines which are unrealistic.

We rush around shopping, cooking and baking as if the 25th of December was the last day that the shops would be open, that the bread in the bakery will stop and the cows will not be milked!

Then there is the unspoken competition between family members and friends trying to outdo each other with presents, new clothes, presents, renovations around the house etc.

Even the trade people get stressed out as unreasonable demands are placed on them for jobs around the homes and businesses.

Let's just stop right now and take stock! What have we done to ourselves?

What happened to the ole fashioned Christmas that I remember as a child and why can't we go back to our fundamentals and roots.

Let's get back to the days when:

1. No matter what present you got mattered.
2. When families put up the Christmas tree together.
3. When businesses and companies put up Christmas trees in the workplace, played Christmas carols over and over again and decorated the premises.
4. When we had traveling carolers arriving at our home and performing for us.
5. When you opened up your home to all of your family members.





6. When the kids waited till midnight or the morning of Christmas Day to open their presents.
7. When the family grouped together as a whole and attended midnight mass together.

Let's keep it fundamental and simple and let's never forget that this nation was forged from it's Christian roots that it still holds true.

In parting, I remember a young starry eyed migrant who arrived almost 30 years ago in Perth, filled with wonder about the mateship he encountered, the ease of communication and friendship around him and the wonders of the family unit.

This starry eyed migrant came from a country that was multicultural with various ethnicities, belief systems and thought processes, who despite their differences, still respected and honored the wonders of Christmas throughout the whole of December.

Why can't we do the same as another great nation?

## **Thriving Through Christmas the Perth Integrated Health Way**



We have taken our stance regarding the importance of the traditional Christmas and to reinforce that you should take a look at our waiting room at our Northern Districts Centre during the month of December!

And rest assured Ian our Managing Director will be blaring Christmas carols and songs from Room 2 non-stop for a straight 24 days from the 1 December!

In more practical ways, we as the Perth Integrated Health family of practitioners and staff will be bringing to you Christmas in the following ways:

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1. Reminding and reinforcing with you the importance of Health being one of the most precious gifts that Christmas can bring and your obligation and direction towards it;
2. Encouraging you to maintain your health and treatment plans in this time of challenges for many where your nervous system can do a lot to deal with the immune system;
3. Reviewing your treatment plans as the weeks unfold so that we keep you in the optimal of health throughout;
4. Discussing with you your directions in your health as we lead up to 2012;
5. Encouraging you to care and devote your focus not only on yourself but for your children and family this Christmas;
6. Challenge you not to overindulge in too much unnecessary food and alcoholic drinks;
7. Promote to you and reinforce for you the virtues of exercise and fitness throughout this busy period.

These are our promises to you leading up to Christmas as we maintain ourselves as a rock and benchmark for your health and wellness needs.

## **Sharing This Christmas**



Roy Orbison the visually impaired singer sang famously the song “Only the Lonely” with poignant words which described the feelings of the heart for many a lonely person.

Christmas is really a lonely time for many people and for many even a time to be avoided. The reasons are many, the departure of a loved one, parents separated from their children, ex-spouses taking their child or children away on holidays, removal from family and many reasons more.

Whatever their reasons, they need not feel alone nor should be make them feel lonely and alone.

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This Christmas, we at Perth Integrated Health would like to challenge each and every one of our patients and friends to make a difference in a lonely person's heart by doing one or more of the following:

Inviting a friend that you know is lonely or alone over for a meal during Christmas;  
Dropping by for a short while with a cake or Christmas goodies that you need to share with the lonely person along or across your street;  
Inviting a single friend or family member for a quiet walk during the Christmas holidays;

Listing out five friends that you know have family who are away or are in time of need – and calling them on the phone and giving them five minutes of your time on Christmas Day each.

Through these simple and direct acts of kindness and compassion, we can make a difference in people feeling left out, lonely, suicidal and also depressed.

Come on and make a difference to those around you so that the joys and happiness that you enjoy can be shared with others too.

## **Developments at PIH Performance Enhancement Centre in Melville**

Patients attending our PIH PEC in Melville have been away of the major renovations at our Centre as our facilities partner the Melville Aquatic Fitness Centre expand their operations. We do apologise for the inconvenience caused over the past 8 months especially since the area normally reserved for PIH patients has become somewhat a public corridor servicing some 15000 people per week!

The long wait is about to be over, well at least this is what we have been informed and assured by our City of Melville friends. In Jan 2012, they will open up their main front reception area and we will once again retain our private glassed area. Equally exciting is the plans also to expand the number of treatment rooms at Perth Integrated Health here with four more additional rooms to be built within the next few months.

With the creation of more rooms, we are then able to expand our clinical services as we are acutely aware of the limitations the current arrangement brings.

Therefore just like our friends at the Melville Aquatic Fitness Centre, one of our many wishes for the New Year will be the on-time completion of these renovations!

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## **Collage of Photos from 2011**



Amy Gillet Gran Fondo, Lorne



City of Perth Triathlon



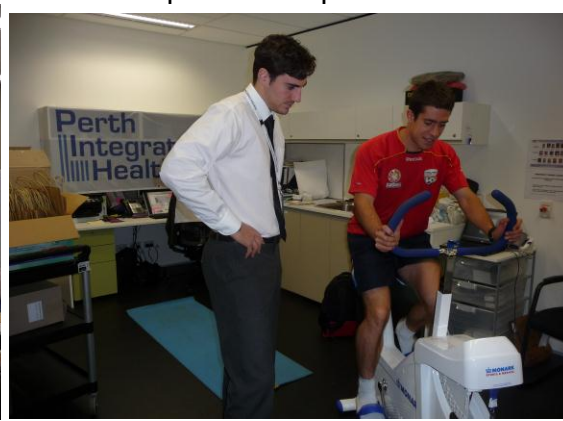
PIH Dance Moves Program-Rehabilitation



PIH Rocktape Workshop for Patients



Shell Australia Corporate Health Program



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Team Uniform Cycling Course Participants

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**Merry Christmas and Happy New Year from the  
Perth Integrated Health Staff!!**



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